

**NORFOLK RECREATION, PARKS & OPEN SPACE  
& the NORFOLK DEPARTMENT OF PUBLIC HEALTH**

# ***GET UP, GET OUT & GET MOVING!***

## ***AUTUMN ACTIVITIES***



### ***DEALING WITH DIABETES***

**OCTOBER 23, 2007**

**9:00 a.m. – 10:00 a.m. & 2:30 p.m. – 5:00 p.m.**

**THERAPEUTIC RECREATION CENTER**

**180 East Evans Street, Norfolk, VA 23503**

**Contact: (757) 441-1764**

### ***BEFORE YOU RISE...***

*Wake up your body with passive stretching and gentle movements before rising from a prone or supine position. Limit: 30 Registrants.*

**OCTOBER 25, 2007**

**1:00 P.M. – 2:00 P.M.**

**LAKEWOOD**

**DANCE & MUSIC CENTER**

**1612 Willow Wood Drive, Norfolk, VA 23509**

**Contact: (757) 441-5833**

### ***DEEP WATER BODY BLAST!***

**OCTOBER 26, 2007**

**1:00 P.M. – 1:45 P.M.**

**NORTHSIDE POOL**

**8400 Tidewater Drive, Norfolk, Virginia 23518**

**Please RSVP at (757) 441-1760**

*Some degree of comfort in deep water is required. Aqua Jogger belts will be provided. Limited to the first 15 registrants.*

## ***Bureau of Recreation & Human Development***

DAY	DATE	TIME	EVENT	RECREATION CENTERS
Monday	10/22	4:00 pm	<i>Healthy Bodies: Protection Against Germs</i>	Berkley (757) 441-1912
Monday	10/22	4:00 pm	<i>Making Better Choices</i>	Young Terrace (757) 441-2692
Monday	10/22	5:00 pm	<i>An Apple a Day Keeps the Doctor Away</i>	Captain's Quarters (757) 441-1715
Tuesday	10/23	7:30 am	<i>Healthy Food Choices</i>	Bayview (757) 441-1626
Tuesday	10/23	4:00 pm	<i>Nutrition &amp; Exercise</i>	Fairlawn (757) 441-5670
Wednesday	10/23	4:00 pm	<i>What Kind of Food Are You Putting in Your Body?</i>	Park Place (757) 664-7531
Tuesday	10/23	4:00 pm	<i>Stay Healthy</i>	Grandy Village (757) 441-2117
Wednesday	10/24	11:00 am	<i>Water - "Drink To Your Health"</i>	Ingleside (757) 441-5675
Wednesday	10/24	4:00 pm	<i>What Kind of Food Are You Putting in Your Body?</i>	Larchmont (757) 441-5411
Wednesday	10/24	4:00 pm	<i>Healthy Choices</i>	Crossroads (757) 441-1769
Wednesday	10/24	4:00 pm	<i>Healthy Treats</i>	Titustown (757) 441-1259
Wednesday	10/24	4:30 pm	<i>How to Stay Fit, Eat Healthy &amp; Have Fun</i>	East Ocean View (757) 441-1785
Thursday	10/25	4:00 pm	<i>Importance of Staying Healthy</i>	Merrimac (757) 441-1783
Thursday	10/25	5:30 pm	<i>Mini Health Fair</i>	Norview (757) 647-4518